

BOOK REVIEWS

CALIFORNIA MEDICINE does not review all books sent to it by the publishers. A list of new books received is carried in the Advertising Section.

PRINCIPLES AND PRACTICE OF PODIATRY—Frank Weinstein, D.S.C., F.A.C.F.R., Editor. Lea & Febiger, 600 South Washington Square, Philadelphia, Pa. (19106), 1968. 508 pages, \$22.50.

Dr. Weinstein is the author of the chapters on "History of Podiatry"; "Physical Examination of the Lower Extremities"; "Fractures and Dislocation of Foot and Ankle"; "Foot Orthopedics"; "Roentgenology in Podiatry"; and "Forensic Podiatry." He has delegated the chapter on "Systemic Diseases in the Lower Extremities" to E. G. Krel, M.D., "Neurologic Diseases" to George Monckton, M.D., and "Evaluation of Foot Disabilities" to R. Graham Huckell, M.D. He acknowledges the help of an orthopedic surgeon in the preparation of the chapter on "Physical Diagnosis," a resident in psychiatry in the chapter on "Foot Orthopedics," a general practitioner in the chapter on "Fractures" and a general surgeon in the chapter on "Foot Surgery."

The section on "History of Podiatry" is informative. The designation *podiatry* was first adopted in 1957 to the total exclusion of the word *chiropody*; however, the degree of D.S.C. (Doctor of Surgical Chiropody) continues to be used. There is a National Board of Examiners, and sub-specialties such as foot surgery, foot roentgenology, foot orthopedics and foot dermatology.

The chapter entitled "Dermatology in Podiatry" by Dr. Marvin Steinberg states, "I urge that under no circumstances should x-ray or radium treatment ever be given for warts or any other benign lesion on the human foot." However, Dr. Lewis O'Keen, in chapter 17, "X-ray Therapy in Podiatry," states that plantar warts, inflamed bursae, corns, excessive sweating or unusually odoriferous sweating, ringworm, athlete's foot, eczema and pruritis are all amenable to x-ray therapy. (Most present-day radiologists who do therapy restrict such therapy to malignant lesions.) Generally speaking, the section on dermatology is well done and extremely complete. The section on nails (or onychology) is an extension and is likewise very complete. (I would not ordinarily believe that 34 pages of a textbook could possibly be devoted to this lifeless, horny topic.) Fifty-two afflictions of the nails are listed.

By definition and inference, *podiatry* refers to the *foot*; however, in chapter 9, the author lists fractures and dislocations of the ankle and suggests surgical treatment with open reduction and bone screws. This appears to be above and beyond the podiatrist's field—and above and beyond his usual capability. The author also suggests that dis-

locating the ankle joint and widening of the ankle mortise is not a serious problem and can be handled by a Gibney bootstrapping.

The chapter on "Psychosomatic Disorders" seems somehow redundant in the context of this rather comprehensive text. At the end, there is a rather weak recommendation to seek psychiatric consultation *unless* the podiatrist is thoroughly grounded in psychodynamics.

The chapter on roentgenology is well done, but perhaps tends to oversimplify diagnosis by x-ray. (One may often go back to an x-ray *after* a diagnosis has been confirmed by some other means and be very brilliant on pointing out all of the special points now easily apparent on the film which were missed before.)

Malignant primary tumors or metastatic tumors are rarely found in the foot; however, the chapter on oncology suggests amputation as treatment for osteogenic sarcoma, chondromyxosarcoma, Erving's tumor, fibrosarcoma, multiple myeloma and synovium.

In summary, this book is well-researched and has voluminous bibliographical references at the end of each chapter. My general criticism is that it does not recommend consultation often enough, and implies that the podiatrist may conscientiously do complete examinations of the human body, including laboratory and x-ray studies, in order to treat the foot.

WILLIAM S. MOWREY, M.D.

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HUMAN LABOR AND BIRTH—Second Edition—Harry Oxorn, B.A., M.D., C.M., F.A.C.S., F.R.C.S.(C); Assistant Professor of Obstetrics and Gynecology, McGill University; Obstetrician and Gynecologist-in-Chief, Reddy Memorial Hospital; and William R. Foote, B.A., M.D., C.M., F.A.C.S., F.R.C.O.G., F.R.C.S.(C); Associate Professor of Obstetrics and Gynecology, McGill University. Appleton-Century-Crofts, Division of Meredith Publishing Company, 440 Park Avenue South, New York, N.Y. (10016), 1968. 538 pages, \$8.50 (Paperbound).

The second edition of this excellent student textbook by two Montreal obstetricians was revised four years after its initial appearance by adding some 50 pages of text and a number of new references to original sources. There are two entirely new chapters that present brief discussions of premature labor and prolonged pregnancy. The preface, for some reason, is identical with that of the first edition and thus makes no mention of the revisions that have added bulk without necessarily making the book more useful.

This text describes succinctly in words and illustrates beautifully with correlated drawings on facing pages almost every conceivable aspect of the various mechanisms of normal and abnormal labor. In addition, there are chapters on pelvic and fetal skull anatomy, induction of labor, obstetric trauma, postpartum hemorrhage, obstetric radiography, anesthesia, and concluding remarks about newborn asphyxia, injuries and malformations. The large numbers of excellent illustrations far exceed those available in the usual textbook and are superb guides to instruction on the manikin or with a living subject. This very practical book should be available in every delivery suite and should be freely consulted by every student, intern or resident exposed to the mechanistic aspects of obstetric practice. Many teachers already have found it invaluable.

CHARLES E. MCLENNAN, M.D.

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LYMPHOGRAPHY OF THE CERVICAL LYMPHATIC SYSTEM—U. Fisch, Zurich. W. B. Saunders Company, West Washington Square, Philadelphia, Pa. (19105), 1968. 179 pages, \$15.00.

In the period since 1952, when Kinmonth described a simple method of injection of contrast medium directly into the lymphatic vessels of man, lymphography has gradually gained wide acceptance. Introduction of oily contrast media extended the clinical application of lymphography by permitting the visualization of lymph nodes that had been hidden until then in regions farther away from the site of injection, particularly in the retroperitoneal area.

This book stems from the widening role of lymphography in oncology and the probability that lymphography will become an important factor in the staging of malignant tumors.

The book is extremely well organized. A new technique for the visualization of cervical lymphatic system in man with an oily radiopaque material is described in detail. The technique consists of the cannulation of deep retroauricular lymphatics with polyethylene microtubing under the magnification afforded by an operating binocular microscope. A review of the embryology, anatomy, topography and physiology of the cervical lymphatic system is presented which first of all clarifies the nomenclature of the nodal groups and provides a basis for the interpretation of cervical lymphograms. The nodes are divided into four main groups: junctional, jugular, supraclavicular and spinal. The new term "junctional nodes" was necessary from a topographical and functional point of view. Lymphatic patterns in patients with carcinoma of the head and neck regions are described and correlated with histological findings. Emphasis is placed on the observance of non-specific reaction of the cervical nodes in these patients. Functional and morphological changes in cervical lymph flow following surgery (biopsy and radical neck dissection) and conventional and telecobalt irradiation of cervical areas are discussed in detail.

The strength of this book is its clear detailed documentation of technique, anatomy and interpretation of cervical lymphograms. Although cervical lymphography is still in a developmental stage in contrast to the well-established lymphographic method for the examination of the extremities and the retroperitoneal area, this book represents a comprehensive review of the subject.

This book should be of use to all physicians who wish to review and improve their understanding of the cervical lymphatic system.

A. FRANKLIN TURNER, M.D.

CLINICAL HYPNOTHERAPY—David B. Cheek, M.D., and Leslie M. LeCron, B.A. Grune & Stratton, Inc., 381 Park Avenue South, New York City (10016), 1968. 245 pages, \$7.50.

Since Mesmer in the late 18th century at the time of the French Revolution, mankind has alternately conceived of hypnosis as panacea or treacherous tool of the Devil. These ideas have not only been embraced by the public but by professionals as well. Recently psychiatry has taken a more dispassionate view of hypnosis, aware of its uses and difficulties, but also coolly viewing it as an object for investigation. However, opinion regarding hypnosis remains split into various camps. Most physicians, including many psychiatrists, have little knowledge and still less experience with hypnosis. Like politics, it therefore becomes a fertile field for opinions, speculations and accusations.

To disjoin opinion on hypnosis into a trichotomy one must generalize and risk accuracy for understandability. Nonetheless I will pursue this course in the name of Aristotelian clarity. There is an optimistic liberal camp which feels the dangers of hypnosis are exaggerated and that it is a useful therapeutic tool in surgery, medicine and psychiatry. A cautious group believes the dangers of hypnosis need to be emphasized and that very careful consideration be given to choosing hypnotic subjects. Then there is a skeptical group which knows little about hypnosis but in general fears its applications are limited.

The authors of *Clinical Hypnototherapy* belong to the liberal group. Optimism rings like a clarion throughout. David Cheek, M.D., an obstetrician and gynecologist, and Leslie LeCron, B.A., both have extensive experience in the use and teaching of clinical hypnosis. They extol hypnosis as a useful clinical technique in a wide variety of spheres. Their book is an easily understood, well-written course in hypnotic technique and its application. They discuss the use of hypnotic treatment in psychosomatic illness, frigidity, obstetrics, pain, surgery, insomnia, obesity, psychiatry, pediatrics and dentistry. The text is replete with examples of what to say to patients and why. It provides a most interesting, enjoyable and useful exploration for any clinician into the world of hypnotic phenomena.

The authors are psychologically oriented and believe in a dynamic-genetic approach to illness. They feel the "dangers of hypnosis are minimal and can be avoided." Moreover they feel that insight into unconscious determinants of an illness often leads to recovery. They emphasize hypnosis as particularly useful since it can rapidly cut through resistances to the unconscious and therefore achieve insight more quickly.

I believe the authors somewhat overestimate the role of insight in the resolution of illness. Insight is important but a major factor is time. It is with the fabric of time that the patient can achieve a genuine restructuring and re-integration of the ego. It is to be remembered that almost all symptoms of psychiatric origin are evanescent and wax and wane with time. Thus, a true cure rate can only be measured on the basis of an asymptomatic state occurring over a relatively long span of time. Nonetheless, if the optimism and skillful therapeutic technique taught in clinical hypnosis is captured by a clinician, the patient's hope and surge toward growth and recovery may more easily be reached.

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